**SPECIAL ARTICLE:**

**ONE MORE LANGUAGE**

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We all live in a global world where all cultures have their own unique identities, a sense of belonging, and pride. In the same way, I am proud to be part of Sindhi culture, originating from the Indus Valley civilization. It’s a 5-thousand-year-old civilization. Although we are differ in colour, race, culture, language, and religion, there is one thing that is common among all of us: we all are human beings, and we share the common culture of humanity. Paralikar 2019), (Alhadi 2018)

As the world becomes more global, more opportunities are arising for both health professionals and service users across the globe. Everyone is trying to contribute to society in their own little capacity. (Osborn 2021), (Drennan 2002) As a psychiatrist, my mind was always dwelling on and searching for one thing: how can I contribute to society, especially in the context of my profession, by helping people who are mentally ill and need help? As I belong to the subcontinent, I noticed that stigma is a big problem there, and the other main problem was the lack of proper, scientific, and authenticated information about mental illnesses and their treatment (Hails 2012). (Bloch 2018; Littlewood 1990)

After a lot of time thinking about it, one day when I was going through the translation section of the Royal College of Psychiatrists website while preparing for my CASC exam, I found their leaflets very helpful to get through my exam. I realised that my native language was missing from that section of the leaflets. I could see Urdu, Arabic, Pashto, African languages, etc., but why is my language not there? (Patrice 2021) It gave me food for thought and an opportunity to take the lead in a project that will help my colleagues and more than 50 million SINDHI-speaking people living across the world. As most Sindhis live in Pakistan, India, and the UAE, some of them have migrated and settled in the USA, Canada, the UK, Australia, and Ireland. I contacted someone in the mental health information office at the Royal College of Psychiatrists and expressed my interest in helping the college by contributing one more language to the college website, which will be my native language, Sinhalese. I wanted to translate leaflets from the Royal College about various common mental health disorders in the SINDHI language, which would benefit more than 50 million people worldwide. As they would be able to read about common mental health disorders in their own language, which will help them to understand those conditions in a better way, reduce the stigma, and encourage them to get the right help that they need and deserve. That was the start of the journey; I had to go a long way forward. I contacted a GP friend in the UK who speaks the same language. We discussed the idea of translating Royal College leaflets into our native language. He was excited about that and congratulated me for bringing this idea to promote the Sindhi language through public awareness about mental health issues. He said yes to being part of the project without giving it a second thought, even for a second. We started working together on the project and agreed that I would do the writing and he would do the proofreading. We completed the project and handed it back to the college representatives dealing with leaflets in other languages. After about one month’s hard work, we were lucky enough to get a leaflet translation published by the Royal College of Psychiatrists. It was a proud moment for me as a psychiatrist to help my patients and as a SINDHI to be able to get my mother tongue published on the Royal College website. I couldn’t have asked for more. It's not the end of this story, as we will continue to work with our college to translate more leaflets and contribute to society and the college as a proud member of the Royal College of Psychiatrists UK.

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